

KinCare Newsletter

July 2014

FREE **KinCare Support Group**

- Are you raising a child who is a relative (i.e. grandchild, niece, nephew, sibling, etc.) and sometimes wonder where you could receive some support?
- Do you know someone who is raising a child who is a relative and they have asked you where to turn for support?

If you answered **yes** to these questions, this support group is for **you!**

In Idaho alone, there are over 29,000 children that live in households headed by grandparents or other relatives.

The mission of this project is to enhance the lives of KinCare families in Idaho by creating a safety net of resources and support, and strengthening existing supports.

When: 1st and 3rd Mondays starting **July 7th** from 10am to 11am
Where: Lewiston Public Library, 411 D. St., Lewiston, ID

Contact Bethany Copley at 208-799-4385 for more information

Seven Simple Tools to Make Discipline (at least a little) Easier

By [DENYSE ALTMAN VARIANO](#) | Published: JUNE 23, 2014 |

For most of us, the word discipline conveys harsh actions and unpleasant feelings. Both adults and kids want to avoid discipline, believing it to be something equated with PAIN. But, if we allow ourselves to think of discipline in another way – as teaching and guiding – it takes on a whole other, and this time POSITIVE meaning.

Kids actually want to please their parents. By communicating expectations, guidelines and limits carefully, and following through gently and consistently as needed, children learn that their parents and caregivers mean business – they *say what they mean and mean what they say*.

A simple way to begin “saying what you mean” is to let your children know what they CAN do. Instead of the all favorite “NO”, let children learn about limits by *focusing on the do’s instead of the don’ts*. Nothing changes in your actual expectations for them, just in your expression of those expectations. This “tool” sounds like this:

Instead of: “You can’t have a cookie until you finish your dinner”

Say: “You may have a cookie after you finish your dinner”

Instead of: “Don’t yell at your sister”

Say: “Use words with your sister so she can hear you”

Instead of: “You can’t stay out with your friends so late”

Say: "Thanks for being home by 10 tonight"

Instead of: "No, I can't play with you because I have too much cleaning to do"

Say: "Help me with the cleaning and we will have time to play"

Simple, right? By focusing on what children CAN do, you will get the hoped for behavior with much less pain (at least, most of the time!)

And, every once in a while, when you really need to use "NO" or "DON'T", your child just might pay attention to the word and STOP and LISTEN to you. They may even say, "Okay Mom!"

Until next time (and tool #2), enjoy the family!





Friday, July 4

The P1FCU Old Fashioned 4th of July is back by popular demand. Lewiston Parks and Recreation is excited to have the 4th Annual P1FCU Old Fashioned 4th of July. Come enjoy local veterans, local food vendors, local entertainment, old-fashioned fire truck rides, stagecoach rides, and children's games and activities. Radio partner Big Country Radio, KHITS, and B973.com will bring you the Sun Festival show and shine. The Lewiston Community Band will start at 4:30pm playing classic patriot music!

CableONE Movies on the Wall – presented by Alternative Nursing Services

Friday, July 11

Myths and Legends Lewiston Parks and Recreation will host a six-week movies series and will continue to show movies on our 25ft x 40ft movie screen for the entire family to enjoy. Bring your family, friends, blankets, chairs, inflatable beds and enjoy a movie under the stars.

Ages: All Days Movie Time Friday, July 11th Rise of the Guardian (PG) 8:55pm Friday, July 18th Everyone's Hero (G) 8:49pm Friday, July 25th Percy Jackson: Sea of Monsters (PG) 8:42pm Friday, August 1st Night at the Museum 2 (PG) 8:33pm Friday, August 8th Epic (PG) 8:23pm Friday, August 15th Narnia: Lion, Witch, and the Wardrobe (PG) 8:13pm

July 11th-13th, 2014

Lapwai Days

- * Food
- * Music
- * Games
- * Yard Sale & more...

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Featuring

**"Friday Night
Fights
Under the Stars"
PRO/AM
BOXING**

**Main Event:
Daryl Gardner**



Signature event of the Lapwai Butterfly Festival

Friday July 11th

- 6:00 pm Volleyball Family Challenge
- 7:00 pm Friday Night Fights
- 9:30 pm Concert in the Park

Saturday July 12th

- 8:00 am Butterfly Breakfast
- Community Yard Sale
- 8:30 am Fun Run/Walk
- 9:00 am Horse Shoe Tournament
- 10:00 am 3 on 3 Basketball Tournament
- 12:00 pm Disk Golf Hole in One
- 1:00 pm Rez Olympics
- 2:00 pm Stick Games
- 4:00 pm Mayor's Cook-off
- 5:00 pm Heritage Parade
- 6:00 pm Citizen of the Year & Winners
- 7:00 pm Lapwai Days Friendship Powwow

Sunday July 13th

- 9:00 am Golf Tournament (Bryden Canyon)
- 7:00 pm Concert in the Park

Music Friday
night by

**RUFF
KUT**

**Two-Man Scramble
Golf Tournament**
Sunday July 13th



**rock da
block**
3 on 3
Tournament



**Lapwai Day Challenge
Horse Shoe
Tournament**



Saturday July 12th



Brought to you by the City of Lapwai and these fine sponsors

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For more information:
Call City of Lapwai
208.843.2212
"Like" our FB page
Visit: cityoflapwai.com



OROFINO'S 4th of July All-American

7:45 am
"DIGGIN' THE 4th"
CO-ED VOLLEYBALL
TOURNAMENT



Deadline for signups is JUNE 23rd.
CONTACT SHANNON ERBST AT 827-0754
OR s.erbst@hotmail.com
Orofino City Park

7:00 pm



LIVE BAND

Orofino City Park
"PEACEMAKER"

4:00 pm
BBQ PICNIC



Rotary Fundraiser in the City Park.
A portion of the proceeds go
TOWARD funding the fireworks.

9:00 pm



OROFINO MANIAC
TWIRL & DANCE

PERFORMANCE with FIRE!

10:10 pm FIREWORKS!

Professional fireworks show over the Clearwater River.



We depend on cash donations to fund the show & entertainment each year, if you
would like to **DONATE** please mail donations to:

Orofino Chamber of Commerce ~ PO Box 2346 ~ Orofino, ID 83544

For more information: www.orofino.com or call the Orofino Chamber of Commerce at 208-476-4335

If you have a moment, please visit the address and complete the survey. Doing so will help the Idaho Lifespan Respite Coalition gauge where respite need is greatest, and could help start programs in our area from respite in the future.



Idaho Caregiver Needs Assessment Survey

Idaho Lifespan Respite Coalition

Creating an integrated network of respite support for informal (unpaid) caregivers and care recipients of all ages.

Informal caregivers in Idaho are invited to participate in a survey designed to gather information about the needs of caregivers. The results will be used to guide the actions of the Idaho Lifespan Respite Coalition. The survey is anonymous and participation will not affect any services or benefits a caregiver is receiving because we will not know who answered the survey.

The survey is available on the following websites:

Idaho Council on Developmental Disabilities

<http://icdd.idaho.gov>

Center for the Study of Aging

<http://hs.boisestate.edu/csa>

Idaho KinCare Project



Idaho KinCare Project
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